

## 2008 Football - All Metro

*All Metro Player of the Year*

**Adam Morgan – Dinwiddie – Senior – QB - 5' 11"**

*Times-Dispatch 2008 All-Metro football offensive team*

**Brad Larkin**

**School: Deep Run**

**Year: Senior**

**Position: Center**

**Ht/Wt: 6-1, 240**

**The skinny:** A first-team all-Central Region choice, Larkin made all of the line calls and was able to pull to lead plays this season.

**What you didn't know:** I was born in Texas. Only lived there about a year, then I moved to Washington, D.C., then we moved to Ohio, then we moved here.

**Tervonence Lancaster**

**School: Hermitage**

**Year: Senior**

**Position: Guard**

**Ht/Wt: 6-2, 260**

**The skinny:** A second-team all-Central Region selection, Lancaster twice received the team's big hit award, normally given to defensive players, for his trap blocks. Aggressive and agile, he often gets downfield to make plays on the safety.

**What you didn't know:** I've only been playing football for three years. It just never was my thing.

**Derek Tinsley**

**School: Meadowbrook**

**Year: Senior**

**Position: Guard**

**Ht/Wt: 6-0, 285**

**The skinny:** A first-team all-Group AAA selection, Tinsley teamed with Morgan Moses to create huge holes in defensive lines. A solid run and pass blocker, Tinsley was credited with 53 "crush" blocks on the year.

**What you didn't know:** I play a whole lot with my nephew. I play football with him. He's three. He's learning to hit.

**Morgan Moses**

**School: Meadowbrook**

**Year: Senior**

**Position: Tackle**

**Ht/Wt: 6-8, 335**

**The skinny:** One of the top tackles in the country, Moses was named

first-team all-Group AAA and all-Central Region. He played in the Hawaii/Polynesia-Mainland Bowl, helping the Mainland to a 22-8 victory. Moses is ranked No. 13 on rivals.com's prospect list, but he has yet to make a college choice.

What you didn't know: When I started playing football, I played running back.

**Marquis Wallace**

**School: Varina**

**Year: Junior**

**Position: Tackle**

**Ht/Wt: 6-4, 290**

**The skinny:** Wallace was a second-team all-Group AAA selection after helping pave the way for Varina's ground game. He also was named first-team all-Central Region.

What you didn't know: I'm a playful person. I'm actually a kind, playful person. Well, don't put kind. Kind sounds too soft.

**Monty Smalley**

**School: Douglas Freeman**

**Year: Senior**

**Position: Receiver**

**Ht/Wt: 5-8, 157**

**The skinny:** Smalley set a school record with 56 receptions this season. He had 898 yards and nine touchdowns, including a 98-yarder against Hermitage. He was all-Central Region.

What you didn't know: Li'l Wayne inspires my life.

**Jerrell White**

**School: Dinwiddie**

**Year: Senior**

**Position: Receiver**

**Ht/Wt: 6-0, 185**

**The skinny:** White, a first-team all-Central Region performer, caught 60 passes for 887 yards and 14 touchdowns for the Generals. He also returned kickoffs, punts and had two rushing touchdowns. He totaled 1,303 all-purpose yards.

What you didn't know: I rap while I run my routes.

**Chris Smith**

**School: Clover Hill**

**Year: Senior**

**Position: Receiver**

**Ht/Wt: 5-11, 185**

**The skinny:** A second-team all-Group AAA choice, Smith caught 55 passes for 920 yards and scored 16 TDs (one rushing). He set six school records (receiving yards season and game, receiving touchdowns game, season and career, and receptions season).

**What you didn't know: I'm a really good rapper. I like to rap when I'm driving or hanging out.**

**Bobby Smith**

**School: Varina**

**Year: Senior**

**Position: Receiver**

**Ht/Wt: 6-5, 195**

**The skinny: Smith caught 52 passes for 1,004 yards and 13 touchdowns to be named first-team all-Central Region.**

**What you didn't know: How much support I get from my family, especially my mother, who supports me more than anybody in the world.**

**Tre Johnson**

**School: Varina**

**Year: Junior**

**Position: Running back**

**Ht/Wt: 5-10, 170**

**The skinny: He rushed for 1,969 yards and 21 touchdowns, averaging 8.1 yards per carry and 151.5 yards per game. Johnson was first-team all-Central Region and second-team all-Group AAA.**

**What you didn't know: I eat a lot. Like a lot, a lot.**

**Jerry Brown**

**School: L.C. Bird**

**Year: Senior**

**Position: Running back**

**Ht/Wt: 5-9, 170**

**The skinny: Brown scored 25 touchdowns to lead the Central Region. He rushed for 1,122 yards and caught 14 passes for 352 yards. He also scored four two-point conversions. He is a first-team all-Central Region player.**

**What you didn't know: I'm relaxed. People see me when I play sports and I'm amped up a lot. But just out in the street, I'm relaxed and laid-back.**

**Adam Morgan**

**School: Dinwiddie**

**Year: Senior**

**Position: Quarterback**

**Ht/Wt: 6-0, 200**

**The skinny: Morgan was a second-team all-Group AAA and first-team all-Central Region quarterback. He led Dinwiddie to the Group AAA, Division 5 championship game against Phoebus. Morgan completed 232 of 379 pass attempts for 3,499 yards and a state record 48 touchdowns. He also rushed for 758 yards and eight touchdowns.**

**What you didn't know: I take 45-minute showers. Twice a day,**

sometimes three.

**Cory Gay**

**School: Varina**

**Year: Senior**

**Position: Kicker**

**Ht/Wt: 5-10, 180**

**The skinny:** Gay scored 65 points, making 7 of 12 field goal attempts. He made two field goals between 40-49 yards, his longest being a 45-yarder.

**What you didn't know:** I guess not many people think I work as hard as I do (at football).

**Desmond Coble**

**School: Meadowbrook**

**Year: Junior**

**Position: Utility**

**Ht/Wt: 5-10, 160**

**The skinny:** A first-team all-Group AAA choice at utility, Coble threw for 1,553 yards and 16 touchdowns, ran for 1,082 yards and 12 touchdowns and made three interceptions on defense, returning one for a score. He also was first team all-Central Region.

**What you didn't know:** I'm a shy person.

*ALL METRO: Second-team offense, honorable mention  
Second team*

<b>Pos.</b>	<b>Player</b>	<b>School</b>	<b>Ht.</b>	<b>Wt.</b>	<b>Class</b>
C	Steven Rowe	L.C. Bird	6-0	220	Sr.
G	Chris Sill	Blessed Sacrament Huguenot	6-3	265	Sr.
G	Xavier Tyler	L.C. Bird	6-2	255	Sr.
T	Conner Davis	Deep Run	6-5	260	Jr.
T	Nick Watts	Dinwiddie	6-3	260	Sr.
WR	Justin Hunt	Thomas Dale	6-0	164	Sr.
WR	Quintaze Jackson	Dinwiddie	5-11	175	Jr.
TE	Josh Nelson	Manchester	6-2	215	Sr.
RB	J.C. Wiggins	Monacan	5-10	185	Sr.
RB	Alex Stevens	Thomas Dale	5-10	198	Sr.
RB	John Saunders	Highland Springs	5-10	165	Jr.
RB	Kenyon Lewis	L.C. Bird	5-9	165	Sr.
QB	Jake McGee	Collegiate	6-5	195	Jr.
K	Chad Jones	Dinwiddie	6-0	165	Sr.
U	Vance Hendren	Powhatan	5-10	175	Sr.

**HONORABLE MENTION**

**Wide receiver :** Blake Forlines, Sr., Mills Godwin; Teddy Gorrell, Sr., Collegiate; T.J. Harvey, Sr., Lee-Davis; Matt Snead, Sr., Hermitage.

**Tight end :** Mike Goad, Sr., Matoaca; Duan Perez-Means, Sr.,

Hermitage; Tyler Johnson, Sr., Prince George. Tackle : Jonathan Crawley, Sr., Huguenot; Jon LaBrake, Sr., Prince George; Quentin Spain, Jr., Petersburg; Bobby Watkins, Sr., Douglas Freeman. Guard : Matt Arkema, Jr., Midlothian; Greg Gallop, Jr., Thomas Dale; Sakori Wilson, Sr., Varina. Center: Xavier Fernandez, Jr., Varina. Quarterback : Josh Bailey, Sr., Clover Hill; Michael Johnson, Sr., Hermitage; Will White, Jr., Trinity Episcopal. Running back : Jacob Bennett, Jr., J.R. Tucker; Kurt Fleming, Jr., St. Christopher's; Demondre Woodson, Sr., Petersburg. **Kicker : Stephen Denuel, Jr., Cosby.** Utility : Tyler Henderson, Sr., Manchester; Shawn Minor, Jr., Powhatan

*Times-Dispatch 2008 All-Metro football defensive team*

**Jake Snyder**

**School: Deep Run**

**Year: Senior**

**Position: Def. end**

**Ht/Wt: 6-4, 260**

**The skinny: Snyder, bound for the University of Virginia, led the Wildcats in tackles with 95 despite being double teamed. Sixteen tackles were for losses, and he logged 24 sacks. Also caught 14 passes for 231 yards and 3 touchdowns.**

**What you didn't know: He plays catcher in baseball and can throw to second base or center field from his knees.**

**Xavier Myles**

**School: L.C. Bird**

**Year: Junior**

**Position: Def. end**

**Ht/Wt: 5-10, 170**

**The skinny: Contributed 36 tackles, three tackles for losses and five sacks to one of the region's top defenses. Was a first-team all-Dominion District and second-team all-region choice.**

**What you didn't know: I'm probably one of the funniest people you'll ever meet as far as telling jokes and being funny.**

**Derrick Hopkins**

**School: Highland Springs**

**Year: Junior**

**Position: Def. lineman**

**Ht/Wt: 6-1, 310**

**The skinny: The Springers gave up just 78 points, and Hopkins was a good reason for that. He had 20 tackles, 12 tackles for losses, 5 sacks, 2 interceptions and 3 forced fumbles. Repeats as a first-team All-Metro selection.**

**What you didn't know: I'm a sports junkie. He plays on**

the Springers' basketball team and competes in track and field.

**DeAntre Rhodes**

**School: Varina**

**Year: Senior**

**Position: Def. lineman**

**Ht/Wt: 6-4, 290**

**The skinny:** A first-team offensive selection last year, Rhodes was credited with 26 tackles, 22 assists, 4½ sacks, 14½ tackles for losses and 3 forced fumbles. Ranked 38th among defensive tackles on rivals.com, he has committed to Virginia Tech.

**What you didn't know:** My nickname "20" came from rec football, and we'd eat at McDonald's after every game. They started calling me "20 Nuggets."

**Jaymon Roberson**

**School: L.C. Bird**

**Year: Senior**

**Position: Def. lineman**

**Ht/Wt: 5-9, 200**

**The skinny:** The Dominion District defensive player of the year is undersized, but he was in on 80 tackles and had 16 tackles for losses and 7½ sacks. He caused three fumbles and recovered two.

**What you didn't know:** I've got a good strategy about everything. I plan for things.

**Adrian Cavanaugh**

**School: Patrick Henry**

**Year: Senior**

**Position: Linebacker**

**Ht/Wt: 6-0, 225**

**The skinny:** Cavanaugh, who repeats as a first-team linebacker, is bound for James Madison University. This season, he led the Patriots with 101 solo tackles (PH coach Ray Long doesn't keep assists), 12 tackles for losses, two sacks and two fumble recoveries. He was co-region defensive player of the year.

**What you didn't know:** I'm an Eagle Scout.

**Kenny Fryman**

**School: Hanover**

**Year: Senior**

**Position: Linebacker**

**Ht/Wt: 5-9, 215**

**The skinny:** Also repeats as a first-team linebacker. Fryman shared region defensive player of the year honors with Cavanaugh. The Hawks leader racked up 96 tackles, 11 for losses, 2 sacks, an interception and a fumble recovery. Scored 4 TDs on offense.

**What you didn't know: I'm obsessed with World of Warcraft.**

**Bradley Johnson**

**School: Dinwiddie**

**Year: Senior**

**Position: Linebacker**

**Ht/Wt: 6-1, 215**

**The skinny: Finished a banner season with 124 total tackles, 65 of which were solo 5 for losses. He also had four interceptions and recovered two fumbles. He moves up from last year's second team.**

**What you didn't know: I'm terrified of spiders.**

**Curtis Grant**

**School: Hermitage**

**Year: Sophomore**

**Position: Linebacker**

**Ht/Wt: 6-3, 205**

**The skinny: If you missed him this season, Grant is one of the players to watch over the next two seasons. He is the only sophomore on either first team. He was credited with 106 tackles, 20 tackles for losses, four sacks and recovered a fumble.**

**What you didn't know: I've played football since I was 6.**

**Garett Patterson**

**School: Monacan**

**Year: Senior**

**Position: Def. back**

**Ht/Wt: 6-0, 175**

**The skinny: A first-team Associated Press all-state pick, Patterson was the Chiefs' second-leading tackler with 71. He broke up 14 passes, picked off three, caused two fumbles and recovered three fumbles. Returned two punts for TDs, and three were called back.**

**What you didn't know: I'm going to Duke on a scholarship. It's a full athletic scholarship, but your grades still have to be right.**

**Clinton Patterson**

**School: Highland Springs**

**Year: Senior**

**Position: Def. back**

**Ht/Wt: 5-11, 180**

**The skinny: Whether it was coming up to stop the run (20 tackles, 4 for losses) or working in pass coverage, Patterson was in the middle of the action. He intercepted four passes, one of which he returned for a touchdown. He also had seven pass breakups and forced two fumbles. Is headed to Lackawanna Junior College.**

**What you didn't know: He plays for the Dallas Cowboys in the Madden NFL video game and has eight interceptions.**

**Jordan Love**

**School: Deep Run**  
**Year: Senior**  
**Position: Def. back**  
**Ht/Wt: 6-0, 200**

**The skinny:** Committed to the University of Georgia before the season began. His game assignment was to shut down the opposition's top receiver. He was in on 19 tackles and recovered a fumble and just six passes were completed to his side of the field. Scored four TDs rushing and two each on punt and kickoff returns. **What you didn't know:** He never wore the same pair of cleats in a game this year. He gave them all away to teammates when the season was over.

**Alec Vozenilek**  
**School: St. Christopher's**  
**Year: Junior**  
**Position: Punter**  
**Ht/Wt: 5-9, 163**

**The skinny:** Handled all the kicking duties for the Saints. Ranked the No. 1 punter in Virginia by prokicker.com. He punted 27 times for a 43.5 average. He had a long of 71 yards and 40 percent of his punts ended up inside the opposition's 20-yard-line, including five inside the 10. Was the all-Prep League and all-VIS punter.

**What you didn't know:** I love hosting foreign exchange students. I've been a host for four years.

**Antone Exum**  
**School: Deep Run**  
**Year: Senior**  
**Position: Kick returner**  
**Ht/Wt: 6-1, 210**

**The skinny:** Totaled 634 return yards and ran back two kickoffs and four punts for touchdowns. Was first-team all-region and all-state (AP) as the return specialist. His return stats were among 2,357 yards and 30 TDs produced this season. He had 745 yards and 15 TDs rushing and 978 yards, 9 TDs, 4 INTs passing.

**What you didn't know:** He worked out with the Green Bay Packers last summer with Jordan Love and Marcus Center and is going back at spring break.

*ALL METRO: Second-team defense, honorable mention  
Second team*

<b>Pos.</b>	<b>Player</b>	<b>School</b>	<b>Ht.</b>	<b>Wt.</b>	<b>Class</b>
DE	Jamal Coles	Varina	6-1	190	Sr.
DE	Anthony Davis	Clover Hill	6-3	270	Sr.
DL	Corey Marshall	Dinwiddie	6-1	245	So.

DL	Blake Jones	Hanover	6-0	195	Jr.
DL	Michael Van Reekum	Collegiate	5-11	200	Sr.
LB	Josh Doggett	Atlee	6-0	190	So.
LB	Brandon Merriman	Manchester	6-0	200	Sr.
LB	T.K. Hester	Varina	5-9	172	Sr.
LB	James Santiago	L.C. Bird	5-10	170	So.
DB	Pierre Hawkes	Thomas Dale	5-11	165	Sr.
DB	Ismael Banks	Varina	6-0	167	Sr.
DB	Theron Norman	Hermitage	6-4	195	Sr.
P	Stephen Reynolds	Hermitage	6-2	215	Sr.
KR	Steven Fogleman	Hanover	6-0	200	Sr.

**HONORABLE MENTION**

**Ends/linemen : Nolan Borzelleca, Sr., Douglas Freeman; Collin Christovich, Jr., Powhatan; John Dommert, Sr., Thomas Dale; Abu Kamara, Sr., Hermitage; Devon Jackson, Sr., Hermitage; Russ Leboff, Sr., Blessed Sacrament Huguenot; Tex Prichett, Sr., Hanover; Justin Shields, Sr., King William; Mike Siracusa, Sr., Deep Run. Linebackers : Hunter Broome, Sr., Collegiate; Patrick Corrigan, Sr., Collegiate; Drake Evans, Jr., Thomas Dale; Doug Fraser, Sr., Douglas Freeman; Austin Hersh, Sr., James River; DeShawn Holmes, Jr., Highland Springs; Daryl Howell, Jr., Hermitage; Patrick Gallagher, Sr., Deep Run; Billy Skrobacz, Sr., Deep Run; Melvin Trotter, Jr., Matoaca; Deon Watts, Jr., Blessed Sacrament Huguenot. Backs : Marcus Center, Sr., Deep Run; Will Connerley, Jr., Lee-Davis; **Hunter Cox, Sr., Cosby**; Mike Green, Sr., Thomas Dale; Anthony Harris, So., L.C. Bird; Trei Kelley, Jr., Collegiate; Will Swoope, Sr., Benedictine; Kendall Trainum, Sr., Blessed Sacrament Huguenot**